What's the big deal about controlling my blood pressure

Small changes can make a huge difference:

- A 30-minute walk every day can drop your blood pressure 10 points.
- Losing 5–10 pounds can drop your blood pressure 5 or more points.
- Quitting smoking can drop your blood pressure 5–10 points.
- Every 5 points decrease in blood pressure reduces:
 - risk of stroke by 34%
 - risk of heart attack by 21%
- Every 3 points decrease in blood pressure reduces:
 - risk of stroke by 8%
 - risk of heart attack by 5%

Health care provider:
Provider phone:

Blood **Pressure Tracker**





Fold here first, with printing on outside. Tape outside edges.

Date	My Blood Pressure	Date	My Blood Pressure	
			_	
			_	
	My goal bl	My goal blood pressure:		